

## **ABSTRACT OF THE INVENTION**

A device for assisting in the active and pushing stages of childbirth is disclosed. The child-birthing device consists of a first loop that can be used to provide resistance for pulling. The first loop is then connected by means of a length of rope to a braided handhold two wrist loops attached thereto. A pregnant person can then insert her hands through the wrist loops and grasp the braided handhold. She can then pull against resistance that is applied to the other end of the rope. The pulling action increases the strength of the uterine contractions in the pregnant person and the effectiveness of her "pushing". This decreases the time necessary for the fetus to descend through the birth canal. The wrist loops provide support to person who might be holding the first loop, in case the pregnant person suddenly releases the braided gripping knob.